

Donut Connection

Bismark with Blueberry Filling and Donut Sugar

Artificially Flavored
Fried in Dawn #00896962 ZGTF Fry Shortening

Nutrition Facts			
Serving Size 100g (3.5oz or 1 Bismark)			
Amount Per Serving			
Calories 320 Calories from Fat 130			
		% Daily Value	
Total Fat	15g		23%
Saturated Fat	7g		35%
<i>Trans</i> Fat	.5g		
Cholesterol	0mg		0%
Sodium	270mg		11%
Total Carbohydrate	45g		15%
Dietary Fiber	0g		0%
Sugars	23g		
Protein	3g		
Vitamin A	0%	Vitamin C	0%
Thiamine	15%	Riboflavin	6%
Niacin	8%	Calcium	0%
Iron	8%	Folic Acid	10%
Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per Gram:			
Fat – 9			
Carbohydrate – 4			
Protein - 4			

INGREDIENTS: ENRICHED WHEAT FLOUR BLEACHED (FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, DEXTROSE, PALM OIL, HIGH FRUCTOSE CORN SYRUP, WHEY, SUGAR, CORN STARCH, FOOD STARCH-MODIFIED, SOYBEAN OIL, YEAST, PARTIALLY HYDROGENATED VEGETABLE OIL (SOYBEAN AND/OR COTTONSEED OIL), COTTONSEED OIL, SALT, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA), MONO & DIGLYCERIDES, TITANIUM DIOXIDE (AS COLOR), SOY FLOUR, RICE FLOUR, SODIUM STEAROYL LACTYLATE, SORBIC ACID AND SODIUM BENZOATE (AS PRESERVATIVES), PROPYLENE GLYCOL, NATURAL AND ARTIFICIAL FLAVOR, WHEAT STARCH, POLYSORBATE 60, YELLOW 5, YELLOW 6, CORN OIL, BETA CAROTENE AS COLOR, ALPHA TOCOPHEROLS AS PRESERVATIVE, APO CAROTENAL, CITRIC ACID, TURMERIC (AS COLOR), CARAMEL COLOR, ASCORBIC ACID (DOUGH CONDITIONER), TRICALCIUM PHOSPHATE. 021108

CONTAINS MAJOR FOOD ALLERGENS (WHEAT, MILK, SOY)

Note: Nutrition statement and ingredient legend are for a finished product following label directions. Because shop conditions will vary, you may wish to confirm nutrition with an accredited laboratory.

Note: This nutritional analysis has been generated by the Dawn Label Ready™ Program. Dawn Food Products, Inc. cannot guarantee, nor shall be liable for the accuracy of this data when it is combined with other nutritional data systems, or when this food product contains ingredients other than those added by Dawn Food Products, Inc.

